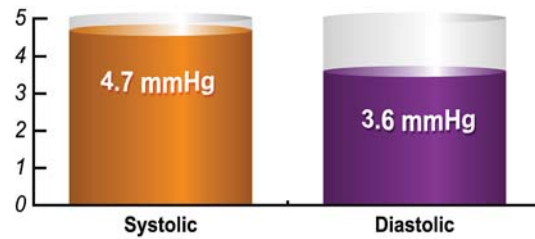


## Sleepy Time

Research suggests numerous benefits of daytime sleep. For example, according to a recent study, the period between “lights out” and onset of sleep correlated with reductions in systolic and diastolic blood pressure readings compared to a baseline period of relaxed wakefulness before lights out.

**Reduction in Blood Pressure**



SOURCE: Zaregarizi M, Edwards B, George K, et al. Acute changes in cardiovascular function during the onset period of daytime sleep: comparison to lying awake and standing. *Journal of Applied Psychology*, October 2007;103:1332-38.